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Half Their Age:
 Lucy Liu and other
 amazingly youthful stars.



WORLD'S *most* BEAUTIFUL

"Not so much is
 how to stay young,"
 says the *Fungus* *On the*
Planet star. "I do water four
 times a week. I eat, and
 I take oatmeal. I feel
 better now than I did
 in my 20s."

Beauty Tip
 42!

Beauty Tip
 "Stretching is really
 important. A lot of
 times when doing
 stretches you'll have
 your head down, and
 helps bring circulation
 to your hair and face."

